

# MISSISSIPPI STATE AGENCIES SELF-INSURED WORKERS' COMPENSATION TRUST

Workers' Compensation E-Newsletter  
July 2015



## SAVE THE DATE: Annual Member Meeting and Training Seminar

Mark your calendar for the Mississippi State Agencies Self-Insured Workers' Compensation Trust's annual member meeting and training seminar. The event will be held on October 15, 2015 from 8:30 a.m. to 3:00 p.m. at the Mississippi Public Broadcasting auditorium off of Ridgewood Road.

Join us and CCMSI, the Trust's third party claims administrator, to learn about the "Necessary Evils of Workers' Compensation". We will be covering topics related to drug screening, medications, pain management, and litigation. Registration packets will be available in August 2015. Come and join us for some spooky fun! For questions or to request a packet, please contact Claire Whittington or Tina Davis at (601) 359-3411 or toll-free at (866) 586-2781.



and operate as efficiently as possible in order to keep premiums affordable.

With your cooperation and hard work, and assisted by guidance from CCMSI's risk management team, the Trust has been able to better manage claims costs and avoid across-the-board premium increases. In fact, the Board is happy to report that once again it is able to implement a member-wide premium discount, having voted last month to discount the FY 2016 premiums by 20%!

This favorable trend is due in no small part to the efforts of so many of our member agencies who have worked diligently to develop and implement safety programs in order to minimize claims by preventing accidents from ever occurring.

Developing a safety program is one of the most important things you can do in order to protect your employees. CCMSI provides loss control services at no cost to member agencies. The loss control consultants are a great resource for you to develop a new safety program or fine tune your existing program. For more information on loss control services, please call (800) 672-1108.



## Premium Rates Discounted for Fiscal Year 2016

Representing a cross-section of various State agency management teams, your Board of Directors understands the need for the Trust to control spending



## Safety Check – Extension Cords

We all have extension cords and most of us wouldn't be able to do our jobs without them. They connect us to our computers, phones, fax machines, copiers, and construction tools just to name a few. We use these extension cords so frequently that we sometimes forget how dangerous they can be when not used correctly. The U.S. Consumer Product Safety Commission estimates that

4,000 people are treated in emergency rooms each year because they were injured while using extension cords. Half of these injuries involve fractures, lacerations, contusions, or sprains from people tripping over the cords. Not only can extension cords cause body harm but they cause approximately 3,300 fires each year.



Here are some do's and don'ts for using extension cords:

#### Do's

- Inspect the cord for areas that are cracked or frayed before you use it. If you find any, dispose of it.
- Make sure the wattage rating on the cord matches the machine or tool you are using with the cord.
- Keep the cord away from water when in use.
- Remove cords from an outlet by pulling on the plug, not the cord.

#### Don'ts

- Don't remove, bend or modify any of the metal parts of the cord's plug.
- Don't plug a three-prong plug into a two-hole cord.
- Don't plug one extension cord into another.
- Don't use an extension cord outside that is not marked for outdoor use.
- Don't force a plug into an outlet.

## How are we doing?

We want to ensure the newsletter content meets your needs. If you have comments, questions, topics or issues you would like addressed, please let us know. Your suggestion may help others do their jobs better and safer. Please e-mail your thoughts and ideas to [Claire.Whittington@dfa.ms.gov](mailto:Claire.Whittington@dfa.ms.gov).

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